

I let the magic smoke out.



Chaz

cvillette

https://cvillette.livejournal.com/
2008-04-28 10:38:00

MOOD: (2) bouncy

MUSIC: Happy Rhodes - Play the Game

It appears I need to buy a new juicer. Ooops. I guess the garagesale model can't quite keep up with Chaz-level demands for carrot-ginger juice. (Mmm. Carrot-ginger juice.)

Maybe I should check out eBay.

I have a new breakfast smoothie, though, which is supposed to help stabilize blood sugar (Cinnamon, as we learned here some time ago, is good for that.). So, seeing as I am juiceless, this seemed like a good time to post the recipe.

- 1) Get out your blender. If you do not have a blender, see if you can buy one cheap off a recently married friend, because they probably have two or three going extra.
- 2) Into your blender, place:
 - 2 cups of plain organic yogurt (I use full-fat, Brown Cow or Stonyfield Farm, because I need the calories and it tastes better. I like tart yogurt, which is why I stick to those brands. But you could use low-fat or vanilla and it would come out fine. Probably not coffee, though.)
 - 1 cup milk or plain soymilk
 - 2 tart apples, cored and diced (you could peel it, if you don't like little bits of skin in your smoothie, but fiber is good for you!)
 - 1 cup applesauce
 - 1 tsp cinnamon
 - 1/2 tsp ginger
 - 1/4 tsp clove
 - 1/4 tsp nutmeg

You could also add a dash of milk, apple cider, or apple juice if you wanted to thin it out a little. Or maple syrup, brown sugar, or frozen concentrated apple juice (not thawed or diluted), if you wanted it sweeter.

- 3) Whiz until smooth.
- 4) Drink! (Nom nom nom nom)

This probably serves two people, so you could cut the quantities in half pretty easily, or share it with a friend.

Failure modes: You do know how to operate a blender, don't you? You forgot to put the cover on the blender. You didn't dice the apple fine eough, or you left the core in it. (Yuck!)

TAGS: recipes



Three things!

1) Okay, 0., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking

Experimental Whole Wheat Green Chile Robot Bread #1

Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

6 comments



April 28 2008, 14:56:52 UTC COLLAPSE

Yum! That sounds like it could taste like apple pie without the crust... Mmm, pie.



cvillette

April 28 2008, 15:02:12 UTC COLLAPSE

Apple cobbler, once the ice cream has started to melt down into it. Kind of like that.

I really like your icon!



April 28 2008, 15:40:52 UTC COLLAPSE

Oooh, especially if you were to use the vanilla yogurt. That's so nommable. I think I need to get me a blender, for woe! I do not have one. Though the roommate does have one of those itty bitty magic bullet blender things from the infomercial.

Thanks! I've got a couple of them. Mythbusters FTW!



<u>April 28 2008, 18:36:47 UTC</u> <u>COLLAPSE</u>

I would happily share a starter for yogurt that cultures at room temperature, on the counter. No thermometers or other finicky stuff. And muuuuucho cheaper .

It's not a shoggoth, but it's related...

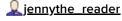


👤 glinda_w

April 28 2008, 21:31:44 UTC COLLAPSE

If I've not made yoghurt in a while, I just use a bit of Mountain High plain yoghurt, and the directions from *Laurel's Kitchen* involving canning jars and a heating pad covered with a towel. Unfinicky, and with my arthritis etc. I've got a spare heating pad anyway:)

Hm. Maybe I'll start some yoghurt after "payday" (3rd of the month or weekday before for Social Security recipients)...



April 29 2008, 03:45:06 UTC COLLAPSE

Considering how much I despise yogurt, that should not sound nearly as good as it does.